



**How Hypnosis Can Help You
NOW!**

by Garry George



www.dunedinhypnotherapy.co.nz

Hypnosis Can Help You Lose Weight, Stop Smoking and Decrease Stress & Anxiety

Hypnosis is a very normal and natural state.
Everyone goes into hypnosis.



We all experience hypnosis at **LEAST** twice a day.

- Have you ever missed that important turn or motorway exit because you were **zoned out**?
- Have you ever been **overcome with emotion** at the movies?
- What about relationships... have you ever **fallen madly in love**?
- Have you experienced that "**twilight state**" right before you fall asleep at night?

**If you answered yes, then congratulations!
You have already been hypnotised!**

Using relaxation techniques, imagery and the power of suggestion, hypnotherapy is a **fantastic tool** to help you to change unwanted habits and achieve new goals.

Hypnosis Explained

1 **Hypnotherapy sessions are different from what you've seen on stage or TV.** Yes, the stage shows are real, but they are for entertainment purposes only. Barking like a dog or clucking like a chicken is just part of the spectacle, and are **nothing like a therapeutic hypnosis session.** You are always in control, and will never bark like a dog or cluck like a chicken ... unless of course you want to 😊

2 **Hypnosis is safe and effective.** The good news is that hypnosis is **safe** and **effective.** But, hypnosis is not a magic wand and in many cases, results won't happen overnight. Remember, it can sometimes days or weeks to create a new habit and sometimes a number of sessions to yield the **best results.**

3 **You are always in control.** It's important to remember hypnosis is a willing state.

You cannot be hypnotised against your will, and working with a hypnotherapist is a co-creative process.

4

Always choose a hypnotherapist with whom you feel comfortable.

Have a talk before committing to a session. Some hypnotherapists may offer a free initial appointment to discuss what is involved. This is an excellent way to establish a necessary sense of **trust and rapport**, especially if you are unsure. The most common reason for failure to induce a hypnotic state is a lack of rapport with a hypnotherapist, or working with someone without proper training. **I offer a free initial consultation to all new clients.**

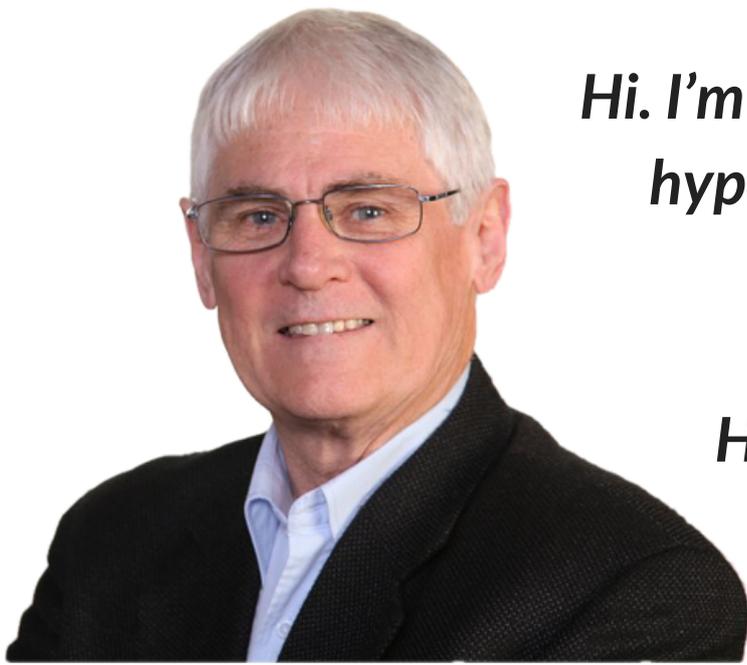
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Hypnosis is not the same as sleeping.

Hypnosis is a heightened learning state where **the body is deeply relaxed and the mind is alert**. On occasion, a person may drift into sleep, but this is not the goal of the session. It is the hypnotherapist's job to make sure the client maintains a **relaxed awareness** during the session, and remains awake. Although the mind may drift, you should still be able to hear everything that is being said to you during the session.

**If you are frustrated with problems
or lack of direction in your life
then hypnosis could be the answer.**

**Hypnosis will help you to stop smoking, lose weight,
decrease stress & anxiety, and much more.**



Hi. I'm Garry George, a professional hypnotherapist from Dunedin, and I'm here to help.

Hypnosis with me will be life changing!

New client Introduction Special

You'll receive a **FREE** initial consultation by telephone or in the comfort of my room at 324A South Road, Caversham, Dunedin. We will discuss what is involved in hypnotherapy and **the improvements that you can make in your life.**

You'll learn how to apply this wonderful tool to your life.

There is **no obligation** to continue with treatment unless you are fully comfortable with what is involved. Your comfort, your confidence, and your confidentiality are all protected. I will work with you as a coach, mentor and guide, **helping you unlock success.**

Call me today on 027 614 7975



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